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PLAY EVERY DAY

## Get Out and Play 60 Minutes Every Day

For the best health, children should get at least *60 minutes of physical activity every day.*

Physical activity is anything that gets the heart pumping and improves strength and flexibility.

### Regular physical activity:

- Helps children grow up at a healthy weight
- Builds healthy bones and muscles
- Reduces the risk of developing diseases that can last a lifetime, including type 2 diabetes, heart disease and certain cancers
- Promotes positive well-being and reduces feelings of depression and anxiety
- Can improve academic performance, including grades and focus in the classroom

### Sign up for a free physical activity challenge

Each fall and spring, more than 150 elementary schools across Alaska sign up for the free Healthy Futures Challenge. *Every month, children log their physical activity and win prizes for turning in completed logs.*

Find out more online: [www.healthyfuturesak.org](http://www.healthyfuturesak.org)



[playeveryday.alaska.gov](http://playeveryday.alaska.gov)